

gdfgdg



INSTRUCTIONS

ON DEMAND WORKOUT: NO EQUIPMENT MINI DANCERS

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/on-demand-workout-no-equipment-mini-dancers/>

Equipment: None

Whether you're training your minis and your introducing skill technique or you're looking for a low impact lower body workout, this one is for you!

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Turns